NUTRITION

NAME:

1. Which of this actions give us energy? Tick ✓.

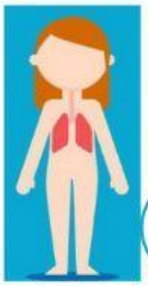
drinking water

running

eating

breathing

2. Listen and number.



3. Circle / Choose the correct word in red.

Nutrition / Respiration is the process of obtaining the **food / energy** we need for living.

4. Read and match.

The respiratory system...	... transforms food into nutrients.
The digestive system...	... transports nutrients and oxygen.
The circulatory system...	... gets oxygen from the air.
The excretory system...	... eliminates waste.

5. Order the words to make sentences.

nutrition. Four in systems participate

energy from Our food. gets body

breathe. from but we air the also

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LIVEWORKSHEETS